



3 - VOM



8 - Close call...

Festival honors Armed Forces, Asian Pacific Heritage Month



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1.) Children perform a Japanese dance 2.) Personnelman First Class Faata Leafa and his band perform the song 'Tele ia o le Sami' 3.) Chris Duncan launches a pitch during a youth softball game 4.) Information Systems Technician Second Class (SW) Varin Nasongkhla performs a Thai dance 5.) Commander, Fleet Activities Sasebo (CFAS) Capt. Tilghman D. Payne welcomes the crowd 6.) E.J. King's JROTC color guard presents the colors 7.) Poster contest entries on display. (Official U.S. Navy Photos by JOSN Jeff Johnstone)

Brief Notes

Paving work is being performed on California Drive in the Hirase Area of Main Base until June 18. Construction has been completed on the road from the Harbor View Club to Operations Bldg. 100. The next phase is three weeks of work from Bldg. 100 to the Government Vehicle Fuel Station. The area under construction will be reduced to one lane traffic each working day from 8 a.m. to 5 p.m. For further information regarding this paving work, contact ROICC at 252-3469.

Sea Warrior Briefing

A Sea Warrior Briefing Team will be visiting Sasebo June 2-3 to speak with Sailors about the Navy's human resource component of Chief of Naval Operation's Sea Power 21. Sea Warrior is a "street to fleet" program that capitalizes on the Sailor's warfighting effectiveness by ensuring the right skills are in the right place at the right time throughout their career path by providing a clear vision on the way ahead. For more information, contact NCC (SW/AW) Chris Alford, Task Force Career Counselor, at 252-2271.

Reality Check

Reality Check is the CFAS Command Religious Ministries Department's new single Sailors program. The group meets every Friday from 7-9 p.m. at the Community and Education Center. Call 252-3380 for more information.

DUI Counter:
32 days as of May 26

Festival-goers enjoy live entertainment, sporting events and fun activities

Released by CFAS Public Affairs

Sailors, family members and the Sasebo community came to Nimitz Park Saturday, May 21, for a celebration honoring military members for patriotic service and to celebrate Asia Pacific American Heritage Month.

The event featured activities for guests of all ages, including sporting events throughout the day, and fun activities for children.

Guests were treated to some fabulous performers, including Japanese, Filipino

and Thai dancers, musicians, singers and of course, lots of great food.

Commander, Fleet Activities Sasebo (CFAS) Capt. Tilghman D. Payne felt the event was a tremendous success.

"It's great to recognize the contributions of uniform servicemembers, as well as their families for allowing them to do what they do. It's also very important to recognize the sacrifices of the men and women in Iraq and Afghanistan," (supporting the Global War on Terror) Payne said.

Capt. Payne also recognized the

significance of Asian Pacific islanders in the Navy.

"We have a long, rich history of Asian Pacific islanders in our Navy," said Payne. This is a good chance to get out with your families, neighbors and friends and enjoy the events on hand."

To honor and commemorate the service of Asian Pacific Americans, the Navy recognizes Asian Pacific Heritage in May. This year's DoD observance theme is "Liberty and Freedom For All."

‘I’m ok to drive’...Oh, stop the tomfoolery!

FLTCM(SS/SW) R. D. West
U.S. Pacific Fleet Master Chief

Since the beginning of the year, too many Sailors in our Navy have made the choice to get behind the wheel of a vehicle or jump on a motorcycle while intoxicated.

Even though we know this is unacceptable, that choice is being made almost every night. What can we do to reverse this trend? You may be lucky once, or even twice, but eventually it will catch up to you. You have to ask yourself what you are willing to give up in life when you either get caught and charged with a DUI or when you hit and possibly kill an innocent bystander. Are you ready to live with the consequences of jail, a ruined career and living with the knowledge that you killed someone?

A couple of years ago, I attended a memorial service for a young Sailor with a promising career, and he thought he was “ok” to operate a motorcycle while under the influence of alcohol. I can tell you it was a very humbling experience for me,

one that I will not soon forget, and, hopefully with your help, one I will never have to attend again. We know that people die as a result of drinking and driving. We know that people lose their careers. We know that people’s lives are ruined, and yet still we have large numbers of shipmates, ranging in all ranks and ages, drinking and driving.

These are not people ignorant of the consequences of their actions – we have all sat through yearly training on what can, and does, happen when people drink and drive. But yearly training is simply not enough. We all have to ensure we push this topic as often as we can so that all Sailors in our command clearly know what is expected of them and what the consequences are when the rules are not followed.

As I left the USS Preble (DDG-88) en route to be Pacific Fleet Master Chief, a young Sailor yelled to me from the ship, “Nothing good ever happens after midnight master chief!” I smiled because I knew that Sailor had gotten the message. It will cross his mind before he goes out and will prompt him to have a plan prior to a night out.

Sailors know what is right and what is wrong and putting yourself in a position to lose all you’ve worked for is just plain being a “knucklehead.” Don’t do it! What is so difficult about arranging a designated driver or calling a cab when you plan on drinking? What is so hard about going back the next morning and picking your car up because you got a safe ride home when you didn’t expect to be drinking? What is so painful about spending the night on a friend’s couch instead of in your own bed? The answer is there is nothing difficult, hard or painful about making alternative plans, it’s smart!

I can promise you that if you ask any of

our shipmates who have been arrested for DUI or manslaughter if they wish they would have just taken a cab that day, you’d better believe every one of them would say ‘yes.’ The price of a DUI arrest



FLTCM (SS/SW) R.D. West
U.S. Pacific Fleet Master Chief

is so much higher than the cost of cab fare. I hope you remember that the next time you say, “I’m ok to drive.”

Also, take accountability for your shipmates. If you throw a party, do not let individuals who have been drinking drive home – after all, you can be held responsible for allowing them to leave knowing they were intoxicated. If your group of friends is going out, take the initiative to set up a designated driver or get the group to pitch in for a cab.

Navy leadership continues to put programs in place such as the Safe Ride Home program that allows you to go out, have a great time and get back to the command safely. Why would we put these

programs in place? It’s because you are part of the Navy team. Leadership cares, and we need you back safely after your night out. Your shipmates or command leadership also have no problem with you contacting them to ensure your safe transit home. Have their phone numbers readily available.

It really doesn’t get much more simple. If you make the choice to get behind the wheel of a car after you’ve been consuming alcohol, you’re asking for trouble. You wouldn’t fire a gun into a crowd of innocent people or at your children or toward yourself, yet you are risking the exact same results every time you consume alcohol and drive.

Some of our shipmates have learned their lesson the hard way, but they are lucky, because while they were arrested and lost rank and pay, they are still alive. It’s a scary thought that the number of arrests is not indicative of the amount of Sailors drinking and driving – I know that number is very high. Too high. And some of you doing it are also going to learn the hard way. Some will lose rank, some will be arrested for DUI, some will be arrested for manslaughter, and some will be laid to rest. And that is simply not acceptable. If you have an idea that could help reduce the number of DUIs at your command, tell your Command Master Chief so we care share these “best practices” Navy-wide.

Let’s think creatively and together on this issue and come up with some better ways to combat this preventable problem and keep our Navy at the forefront – this does affect readiness. If you have a question or a topic you would like to see addressed let me know and I will provide them in future articles. Stay safe Warriors!

Sasebo among best commissary winners

Adam Austin
DeCA Public Affairs, CFAS Public Affairs

Five commissaries were honored as the Defense Commissary Agency’s (DeCA) best during the DeCA 2005 Conference and Training Event awards banquet May 17 in Nashville, Tenn.

The winners by category for the 2004 competition were:

- Naval Base Kitsap-Bangor, Wash., winner of the Bill Nichols Award for the Best Large Commissary in the United States;
- Naval Air Station Whiting Field, Fla., winner of the Richard M. Paget Award for the Best Small Commissary in the United States;
- Misawa Air Base, Japan, winner of the Dan Daniel Award for the Best Large Commissary Overseas;
- Naval Base Sasebo, Japan, winner of the L. Mendel Rivers Award for the Best Small Commissary Overseas;
- Naval Air Station Jacksonville, Fla., winner of the Director’s Award for the Best Superstore.

“This competition emphasizes our

agency’s commitment to quality in consistently delivering the commissary benefit”, said Patrick Nixon, DeCA’s acting director and chief executive officer. “That means all 270 commissaries, regardless of their location in the world, strive to provide top-quality customer service in clean, attractive, well-stocked facilities. This year’s winners, representing the best of the best, have excelled in delivering the commissary benefit and I commend them for their hard work serving our nation’s military servicemembers.”

This year’s winners had to meet four new criteria: accountability, unit cost, commissary customer service survey and sales. Under the accountability criteria, all departments in the store must be in tolerance for the accountable year. The unit cost criteria states that a store must meet or come in below end-of-year final unit-cost goal. Under the commissary customer service survey criteria, the store must exceed the DeCA average or its sales brand average. The sales criteria states that stores in the continental United States must show a positive sales

growth averaging the past two years against the previous year.

DeCA’s Best Commissary awards recognize overall excellence in commissary operations and service. The awards are named in memory of legislators who protected the commissary benefit and championed quality-of-life issues for the military and their families.

For Sasebo’s commissaries, this is a great honor.

“It feels fantastic,” said Corey Riley, Main Base commissary store manager. “It’s great for all of us. We couldn’t do it without the Hario commissary. We work as a team, and this was definitely a team effort.”

According to Riley, the Sasebo commissaries strive to please the customer.

“We consider ourselves a friendly store,” said Riley. “We have a friendly group of people working in a clean, well stocked store.”

Customers gave the commissary high grades when filling out surveys throughout the year, a key reason for the Sasebo commissary’s success, said Riley.

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

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NCIS Counter-Drug Squad making strides toward drug-free FDNF

JO3 David Olson
CNFJ Public Affairs

Using innovative tactics, aggressive investigation techniques and a little science, a new Counter-Drug Squad of the Naval Criminal Investigative Service (NCIS) Far East Field Office is helping rid the Forward Deployed Naval Forces (FDNF) of illegal drug use.

Established early in 2004, the squad uses advanced technology, cooperative relationships with other law enforcement agencies outside the gate and good old fashioned police work to catch those who make the wrong choice regarding drugs.

"We're taking some bold steps in a variety of areas to root out those involved in illegal drug activity," said Special Agent in Charge Matt Parsons. "Drugs erode the Navy's operational readiness, and the leadership of the FDNF has made eradicating drug use a key mission-essential goal. NCIS and our new Counter-Drug Squad are here to help them reach that goal."

Unprecedented command participation is a key element of the counter-drug squad's efforts, and its success in the FDNF, Parsons explained. When a drug case is

discovered, the Squad works with the affected command, forging a partnership in which information is shared to gather additional evidence and identify others who may be involved in illegal drug activities. Ultimately, NCIS assists the command in making decisions on what type of punitive action will be taken against those implicated.

Getting involved outside the gates and maintaining a close working relationship with Japanese law enforcement agencies is also essential, according to Parsons. "We have a proactive mindset in going after drug dealers and drug users," he explained. "We do not wait for information to come to us; we go out in the community to collect intel and gather evidence."

Parsons further explained that information gathered is shared between U.S. and Japanese authorities to make certain no one escapes investigation simply due to nationality. "This sharing of information has lead to many successful narcotics investigations," he said. "Simply using or buying drugs in Tokyo does not lessen your chances of being caught."

NCIS is also constantly updating its counter-drug tool kit, adding new technologies and investigative

techniques and tactics as they become available. "We use a variety of investigative techniques and tools that range from the simple use of sources to sophisticated scientific tests," Parsons said. "We have the ability to be many places – around the clock – which enables us to accurately determine whether illegal drug activity is occurring. If you are involved, you will come up on our scope."

And that scope is not limited to Japan. "NCIS is in every foreign port visited by the Navy," Parsons warned. "We conduct narcotics operations and investigations in many other countries jointly with host nation law enforcement agencies." In many cases, he said, Sailors convicted of drug offenses in foreign ports can find themselves in that nation's prison system.

Combined with the FDNF's already aggressive urinalysis testing and detection program, NCIS's Counter-Drug Squad is further tightening the net around those who choose to use drugs.

"The overarching theme is this," Parsons concluded. "If you choose to engage in illegal drug activities, it's simply a question of when you will be caught, not if."

Enhanced career management: Five Vector Model Version 11 released on NKO

User-friendly design boasts improved functionality, incorporates feedback from Sailors

JO1 (SW/AW) John Osborne
Naval Personnel Development Command Public Affairs

The Navy released Version 11 of the Five Vector Model (5VM) May 19 on Navy Knowledge Online (NKO) to provide improved functionality and enhanced career management.

This 5VM is designed to be more user-friendly, and is one more step toward

improving functionality and integrating with other systems by incorporating feedback from Sailors.

"Our mission is building Sea Warriors, and Sailors properly managing their career progression through the 5VM is a core piece in that enterprise," said Rear Adm. Ann Rondeau, commander, Naval Personnel Development Command (NPDC). "The Revolution in Training (RIT) is geared toward putting the right Sailors

with the right skills in the right place at the right time in support of Sea Warrior and the Human Capital Strategy (HCS).

The Five Vector Model is the Sea Warrior tool that not only is allowing Sailors to take charge of their own careers, but it will assist their commands with meeting the Navy's mission, as well."

The new version of the 5VM is easier to navigate. The information contained inside the 5VM is now logically grouped and divided by three separate tabs. The three tabs are Summary, Career and Learning. The Summary tab contains Sailors account information and lists their current skills. For Reservists, the Summary tab contains a link to define their civilian skills, as well. The Career tab provides access to the Career Mapper,

answers, it invited more questions. We looked at those questions and took steps to alleviate the confusion and make the 5VM less intimidating."

An example of this streamlined process is the detailed procedure provided for adding contacts and establishing supervisor-subordinate relationships. In a virtual sense, Sailors are now walked through these processes with the click of a mouse. In the past, it required the submission of a question through NKO feedback channels or a series of phone calls to find the answer.

The new version of the 5VM does not yet address all of the future functionality of the Sea Warrior vision, nor does Version 11 incorporate officer and civilian 5VMs. But while Sea Warrior currently

"As with any huge undertaking that will affect the careers of so many Sailors, the 5VM is ever evolving."

Rear Adm. Ann Rondeau
Commander, Naval Personnel Development Command

Requisitions and Job Recommendations, enabling Sailors to have a better idea of what their career options might be.

The Learning tab shows Sailors what they have accomplished so far (Learning History). The data may be sorted by course identification number, course name, course type or transcript date. A second section under the 'Learning' tab helps Sailors gauge where they are with their current eLearning enrollments. The third Learning section provides course recommendations for the future.

"As with any huge undertaking that will affect the careers of so many Sailors, the 5VM is ever evolving," Rondeau said. "The feedback we got from the fleet was that the previous version was confusing to many Sailors and instead of providing

does not provide the ability to detail, promote or determine performance rankings, Version 11 is the next step in that direction.

"I understand there may be some skepticism on the part of Sailors concerning the usefulness of the 5VM as it stands right now, but this is our Navy's future," Rondeau said. "The 5VM will provide the best opportunity for Sailors to harness, sharpen and showcase their skills as it continues to mature under Sea Warrior and eventually becomes a true and valid resume of a Sailor's knowledge, skills and abilities."

To view their 5VM, Sailors need to log onto their NKO account and click the 'View your Five Vector Model' (5VM) link from the 5 Vector Model channel.

CFAS recognizes Volunteer of the Month...



Commander Fleet Activities Sasebo (CFAS) Capt. Tilghman D. Payne presents Kathryn Kremer with the Volunteer of the Month (VOM) award for the month of April. Ms. Kremer selflessly devoted her time each week as a music director of both Catholic and Protestant services for the Religious Ministries Department. Kremer, an active high school student, served two Chapel services faithfully, and is also a member of the Far East Choir. Congratulations on your contributions to the Sasebo community. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Brennan named Japan’s District Teacher of the Year



Paul Brennan in action teaching his class at E.J. King High School. (Photo by Amy Brennan)

Released by E.J. King Public Affairs

E. J. King High School's Paul Brennan has been named Japan District Teacher of the Year. One teacher from each Department of Defense Education Activity (DoDEA) district is selected for this honor after a nomination, application, and interview process. Brennan was nominated by a student's parent, Cmdr. Paul Macri, for the honor. Brennan has been in Sasebo for three years, and teaches Model United Nations, Journalism, Contemporary Issues, AP Government, and Government at E.J. King. "Paul Brennan is a gifted teacher, who not only teaches students but also reaches students," said Linda Connelly, E.J. King High School principal. "His enthusiasm and energy for the subjects he teaches is contagious. EJ King High School is lucky to have an educator of Mr. Brennan's caliber." There are approximately 1,000 teachers in the Japan

district. His selection makes him eligible for the worldwide DoDEA Teacher of the Year award. Before entering DoDDS, Mr. Brennan taught Journalism, History and Government at the Copper Canyon Academy in Arizona. He received his Bachelor's Degree in Public and Corporate Communications from Butler University in Indiana. Paul will now be nominated to participate in the National Teacher of the Year Program which is sponsored by the Council of Chief State School Officers and Scholastic, Inc. "I came into education as an explorer," said Mr. Brennan. "I wanted to find out if it was a meaningful way to contribute to society and make a living at the same time. I truly enjoy all the processes and rewards of teaching, but I especially love the enrichment it has brought into my life. I am honored to receive this award. I see it as a big 'thank you' from a parent for having an innovative classroom, setting the bar high, and consistently encouraging success."

Fort McHenry to participate in CARAT 2005, SEACAT

JO3 David J. Ham
Fort McHenry (LSD 43) Public Affairs

USS Fort McHenry (LSD 43) is among five U.S. Navy ships scheduled to take part in this year's regional maritime and theater security cooperation exercise, Cooperation Afloat Readiness and Training (CARAT) 2005. CARAT 2005 will include navies from Brunei, Indonesia, Malaysia, the Republic of Philippines, Singapore and Thailand. Other ships involved from the U.S. Naval inventory will include USS Paul Hamilton (DDG 60) out of Pearl Harbor, Hawaii, USS Boxer (LHD 4) out of San Diego, Calif., USS Rodney M. Davis (FFG 60) from Everett, Wash., and USS Safeguard (ARS 50) forward deployed to Sasebo. Eleven years after the first CARAT, the exercise has gained acceptance and prominence with the United

States and host nations. With the addition of new and more modern platforms and the introduction of updated concepts and tactics, the complexity of the performed exercises has increased. In addition to the exercises introduced in CARAT, Fort McHenry will also be involved with the Seventh Fleet exercise Southeast Asia Cooperation Against Terrorism (SEACAT). SEACAT is designed to establish regional coordination in support of a cooperative response to terrorism and transnational crime at sea. SEACAT will occur in conjunction with CARAT. USS Fort McHenry is an amphibious dock landing ship forward deployed to Sasebo as part of the Forward Deployed Amphibious Ready Group.



Brawley relieves Hedberg as Patriot CO; pins newest surface warriors



USS Patriot (MCM 7) Public Affairs

Lt. Cmdr. Richard D. Brawley relieved Cmdr. Kurt E. Hedberg as commanding officer of the forward-deployed mine countermeasures ship USS Patriot (MCM 7) in Sasebo May 18 in a short ceremony in the crews' mess. After the ceremony, and for his first official act as new skipper, Brawley and Senior Chief Mineman (SW/SS) Kurt

Stauff pinned the ship's newest qualified Enlisted Surface Warfare Specialists - Electrician's Mate Third Class (SW) Jacek Janik and Electronics Technician Third Class (SW) Shaun Campbell, and walked throughout the ship with Lt. Cmdr. Scott Carpenter, the ship's executive officer, to see the new ship and meet members of the Chief Petty Officers' Mess, the Wardroom, and the crew.

Service Salute



Saturday, June 4

Cocktails begin at 5:30 p.m.

WelSunpia Hotel, Sasebo

\$100 / ¥10,000 per person



Tickets are available at the USO Fleet Landing Office or from any USO Council Member. For more information, call 252-3958

Annual Gala



New Educational DVDs Available at Library

The Sasebo Library recently acquired 100 new educational DVDs for customers to use. The DVDs include subjects such as math, personal finance, American government, college SAT tests, geography, biology, languages, physics, English as a Second Language, marketing and English grammar. For more information, call 252-3593.

Take the Kids to Kitty Land

No matter if you're new to Sasebo or if you've been here for years, the MWR Travel & Tours Office has something good going on every week that you'll enjoy. Let MWR do the driving while you sit back in a nice clean and comfortable bus or van and experience something unique in Japan at affordable prices. On Saturday, May 28, you can take the kids to Kitty Land, a fun amusement park geared towards children 12 and under. Kitty Land features several cartoon hero figures and other attractions in a series of colorful locations such as Harmony Village, Harmony Park, Nature Zone and Carnival Square. For more information, call 252-3433.

Nagasaki City Day Tour

The Travel & Tours Office has made arrangements for a Nagasaki City Day Tour on Saturday, May 28. Price is \$20 for adults, \$14 for children (six to 17) and \$8 for youngsters (five and under). Fees include transportation, escort and all entrance fees. The bus will depart the Harbor View Club at 7:45 a.m. and the Hario Community Center at 8:30 a.m., returning to the Hario Community Center at 7 p.m. and the Harbor View Club at 7:30 p.m. Bring extra yen for lunch and souvenirs and be sure to dress for the weather. For more information, call 252-3433.

Bring the Kids to Acorn Village

Travel & Tours has scheduled a trip to Acorn Village on Sunday, May 29. Acorn Village is a unique amusement park that has something for everyone in the family. You can enjoy grass sledding, roller skating, cool slides,

horseback riding and archery, to name a few of the many activities available there. Browse through the gift shops or stop for a bite to eat during your visit. Cost is \$15 for adults, \$10 for children (12-18), \$8 for children (four to 11) and \$4 for youngsters (three and under). For more information, call 252-3433.

Take a Trip to Space World

Sign-up now for the Space World Amusement Park trip, scheduled for Monday, May 30. Space World is the only "space" theme park in the world. Located in Kitakyushu City in Fukuoka, the huge amusement park features several roller coasters, including the Space Coaster and the Titan, a monster ride that zooms down from a height of 180 ft. at a blazing 70 mph. There are many other great adult rides to enjoy as well. The little ones are sure to enjoy Lucky Land, filled with many fun rides and costumed characters from 'outer space.' There are also several restaurants, gift shops, museums, theaters and more. Cost for transportation and a one-day pass is only \$30 for adults, \$20 for children (four -11) and \$5 for youngsters (three and under). The bus will leave the Harbor View Club parking lot at 7:45 a.m. and the Hario Community Center at 8:30 a.m. For more information, call 252-3433.

Scuba, Scuba, Scuba!

Sailing & Outdoor Recreation staff members can put together a special scuba diving trip for you and your friends, complete with all the equipment you'll need for a safe, fun and exciting scuba diving experience off the coast of Southern Japan. See marine life up close and personal and explore sunken vessels. For more information or to make arrangements for a scuba diving trip tailored to fit your needs, call 252-3500.

Ballet & Jazz Dance Classes

Everyone from beginners to more advanced can benefit from taking ballet and jazz dance lessons from instructor Beverly Brinkley at the Hario Fitness Center. Monday classes for ballet beginners (ages seven and under) are available from 3:30 to 4:15 p.m. Beginner jazz classes (for children seven and under) are held Mondays from 4:15 to 5 p.m. Intermediate ballet classes for those eight and above are held from 5:15 to 6 p.m. Intermediate jazz classes are held from 6 to 6:45 p.m. every Monday. Fees are \$40 per class, \$50 for two classes and \$60 for four classes. For more information, call 252-8960.

Living in Japan: The art of haggling

Haggle, according to Merriam Webster's 10th Edition, is defined as "To exhaust with wrangling." Wrangle is "To obtain with persistent arguing or maneuvering." The Japanese are not hagglers. The Japanese really don't like it when they encounter those who would try to haggle. On base car sales is a very interesting venue to observe cultures clashing, with much frustration experienced by both sides.

Japan is pretty much a "priced-as-marked" nation. While there are times and locations where there may be some leeway in final cost, for the most part – a perceived fair price is determined by the seller, who puts that price on the merchandise – and desiring customers simply pay that price or walk away.

There are those amongst us who, either through cultural conditioning from birth or a previous tour in a haggler nation, pride themselves on their ability to drive any merchant down on his price. Now, Korea is a nation of hagglers, but even though it's in close proximity to Japan, the same does not hold true here.

Rose is a consummate haggler. She will often shoo me away when she goes into haggle-mode in the Philippines, because I will many times short-circuit the process, jumping in to pay what I perceive to be a fair price, while she was still going for further reduction.


The Japanese are baffled why, when the advertised price of a vehicle is \$5,000, an American customer would conceivably walk up with \$3,000 in their hand and make a statement like, "I'll give you this in cash right now for that car!" The natural assumption of the dealer is, the buyer is offering a \$3,000 down-payment, and then would plan to pay the rest in another fashion. They cannot fathom that anyone would seriously believe they could afford a 40% markdown on a vehicle and still remain in business. In fact, they are incredulous that a buyer would expect much if anything off of the window price.

The dealer's assumption is, they have calculated all costs, including possible warranty work the car may need, and come up with the fairest, and most reasonable, price possible. Americans not only want them to come off of that price, but to replace or repair many things on the car for no additional charge. What odd ducks we appear to be to them.

Many dealers out in town simply choose to deal with us by ignoring our presence on their lots. They'll stay holed up in their heated or air conditioned office and watch us through the windows, as we wander around among the cars, patiently waiting for us to drive or walk away. Their resistance to come out and talk cars with us is usually as much due to our propensity to begin haggling as it is for the language barrier.



Jerry Havens
Chief of Programs
Fleet and Family
Support Center




Schedule for May 27-June 5

SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie schedule is subject to change without notice.

FRIDAY, MAY 27	SATURDAY, MAY 28	SUNDAY, MAY 29	MONDAY, MAY 30	TUESDAY, MAY 31	WEDNESDAY, JUNE 1	THURSDAY, JUNE 2	FRIDAY, JUNE 3	SATURDAY, JUNE 4	SUNDAY, JUNE 5
5 p.m. (PG-13) *Fever Pitch	2 p.m. (PG) Star Wars: Episode 3	2 p.m. (G) Ice Princess	6:30 p.m. (PG-13) Star Wars: Episode 3	6:30 p.m. (PG-13) Beauty Shop	6:30 p.m. (G) Sin City	6 p.m. (PG-13) Star Wars: Episode 3	5 p.m. (PG) *Madagascar	2 p.m. (PG) Madagascar	2 p.m. (PG-13) Star Wars: Episode 3
7:30 p.m. (G) *Sin City	5:30 p.m. (PG-13) Fever Pitch	5:30 p.m. (G) The Upside of Anger					7 p.m. (G) *The Amityville Horror	5 p.m. (PG-13) Guess Who	5:30 p.m. (PG-13) Sahara
10 p.m. (G) *The Upside of Anger	7:30 p.m. (G) Sin City	8:30 p.m. (G) Sin City					10 p.m. (PG-13) Sahara	7:30 p.m. (G) The Amityville Horror	8:30 p.m. (G) The Amityville Horror



HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, MAY 27	SATURDAY, MAY 28	SUNDAY, MAY 29	MONDAY, MAY 30	TUESDAY, MAY 31	WEDNESDAY, JUNE 1	THURSDAY, JUNE 2	FRIDAY, JUNE 3	SATURDAY, JUNE 4	SUNDAY, JUNE 5
6:30 p.m. (PG-13) Beauty Shop	2 p.m. (PG) Robots	2 p.m. (PG-13) Star Wars: Episode 3	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	6:30 p.m. (G) Hossage	6:30 p.m. (PG-13) Fever Pitch	2 p.m. (PG-13) Star Wars: Episode 3	2 p.m. (PG) Madagascar
9 p.m. (PG-13) Guess Who	6:30 p.m. (PG-13) Beauty Shop	6:30 p.m. (PG-13) Beauty Shop				No scooters, strollers or backpacks allowed in theater. NO OUTSIDE FOOD OR BEVERAGES.	9 p.m. (PG-13) Star Wars: Episode 3	6:30 p.m. (G) Sin City	6:30 p.m. (PG-13) Fever Pitch
	9 p.m. (PG-13) Guess Who		*a Premiere					9 p.m. (G) The Upside of Anger	


STAR WARS: EPISODE 3 (PG-13)
Starring: Ewan McGregor, Hayden Christensen, Natalie Portman, Ian McEwan and Samuel L. Jackson
After three long years of inter-boss fighting, the Clone Wars are nearly at an end. The Jedi Council dispatches Obi-Wan Kenobi to bring the deadly leader of the Separatist droid army to justice. Meanwhile, back on Coruscant, Chancellor Palpatine has grown in power. His sweeping political changes transform the weary Republic into the mighty Galactic Empire.

FEVER PITCH (PG-13)
Starring: Drew Barrymore, Jimmy Fallon, Lacey Chabert, Jack Kehler and Jimmy K.
A high school teacher meets and falls in love with a successful businesswoman. Although their lives are vastly different, the relationship seems perfect until the baseball season begins and she has to compete with his first true love... the Boston Red Sox.

GUESS WHO (PG-13)
Starring: Benicé Moe, Aulon Krier, Zoe Saldana, Justin Scott and Hal Williams
Percy Jones is taking no chances with his daughter Theresa's future. Even before he meets Simon Green, her latest boyfriend, Percy has him checked out. On paper, he passes with flying colors - great job, good investments and a promising future. But there's one thing the credit report didn't tell him... Simon Green is white - not that there's anything wrong with that... unless Simon wants to marry his daughter and he does.

THE UPSIDE OF ANGER (R)
Starring: Juan Alex, Kevin Costner, Mike Binder, Erik Christensen and Alicia Witt
After being abandoned by her husband, a woman finds her life changed when a once-great baseball star steps in as her drinking buddy and becomes an unexpected member of her dysfunctional family.

Premiere Feature
SIN CITY (R)
Starring: Mickey Rourke, Bruce Willis, Benicio Del Toro, Clive Owen and Elijah Wood
Sin City is a violent city where the police department is as corrupt as the streets are deadly. Marv, a tough-as-nails and nearly impossible to kill street fighter, goes on a rampage of vengeance when a beautiful woman (Goldie) is killed while lying in bed with him.



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7. No outside food or beverages allowed.
8. © 2004 MWR. In use at the Showboat & Village Theaters.

Class on the fast track with physics...



Jeus Encarnacion demonstrates the roller coaster he built in Mr. Austin's fifth grade class. (Photo by Stephen Austin)

Beth Martin
Sasebo Elementary Correspondent

The last thing on a person's mind when riding a roller coaster is physics. But that is just what Mr. Stephen Austin's fifth grade class will be thinking about this week as they ride roller coasters at Space World. The field trip is the culmination of their science unit on forces.

During their studies, the students learned about many concepts such as pushes and pulls, momentum, friction, gravity and acceleration. To

demonstrate their understanding of the abstract terms, the students built their own roller coasters. Some used paper towel rolls, some used construction paper and others used opened straws.

To slow the descent of the marbles, some ingenious students used toothpicks as speed bumps while others used sand.

After building and testing the roller coasters, the fifth graders demonstrated and explained their design to Mr. Long's first grade class. One fifth grader declared the project the best of the year.

Safety Corner: Electrical safety

Charles Carr
CFAS Safety Department

Certain types of occupations come with a naturally higher risk of electrocution—electrician, painter, machine operator and welder, to name just a few—but no matter what kind of work you do or what type of facility you work in, evaluating the potential for electrical hazards could avoid discomfort, or even save a life.

Qualified personnel and unqualified personnel

A qualified person has been trained to avoid electrical hazards when working on or near exposed energized parts.

That training must include: familiarity with the safety related work practices; ability to distinguish exposed live parts of electrical equipment; knowledge of the skills and techniques for determining nominal voltages of exposed parts; knowledge of the approach distances to which a qualified person will be exposed.

Not surprisingly, an unqualified person is someone with little or no training regarding electrical hazards. Unqualified persons may not be exposed to energized parts, but should still receive training.

At minimum, they must be trained in any electrical-related practice necessary for their safety. This training could be as simple as telling an unqualified person to shut off a machine if there's a problem and call a supervisor for assistance.

Insulated tools

When qualified people are working on or near exposed energized live

conductors they are required to use insulated tools. Only insulated tools that comply with the International Electrotechnical Commission standard 900 (IEC 900), and are marked with the international 1000V rating symbol should be used.

Electrical protective equipment

Electrical protective equipment (also known as insulating equipment) includes items such as insulated blankets, matting, covers, line hose, gloves and sleeves.

Blankets, gloves and sleeves should be clearly marked with class and type; class referring to the maximum use voltage, and type referring to ozone resistance.

Insulating equipment must be inspected before each day's use and immediately following an incident that may have caused damage. If holes, tears, punctures, cuts, ozone cutting or checking, embedded foreign objects, swelling, softening, hardening, lost elasticity, stickiness or any other defect is found, the insulating equipment should not be used.

When the equipment is removed from service, it may not be used again until it has been re-

tested and certified. All electrically insulated equipment must also be re-tested and certified periodically; the re-testing period depends on the type of equipment.

In addition to wearing insulated rubber gloves, protector gloves—usually made of leather—should be worn over the rubber gloves.

Evaluating the potential for electrical hazards could avoid discomfort, or even save a life.

E. J. King's goal: School improvement

Amy Brennan
E. J. King Correspondent

On Monday, May 16, all E. J. King students from grades seven - 12 took part in the E. J. King Local Writing Assessment. (LWA) Students were given a different writing prompt for each grade level, then given 30 minutes to complete a writing assignment. On Friday, students were dismissed at 11:10, but E. J. King's teachers were hard at work scoring these assessments and collecting data to determine whether or not the school is reaching its goals.

This writing assessment is just part of the E. J. King Continued School Improvement Program (CSI or SIP), a Department of Defense Education Activity-wide initiative that encourages teachers to set goals, put programs and methods in place, and to promote highest achievement amongst students. Several years ago, the following goals were set for E. J. King:

Goal #1: All students demonstrate improved reading ability as applied in all

content areas.

Goal #2: All students demonstrate improved writing ability as applied in all content areas.

Since that time, programs such as the LWA, sustained silent reading, and implementation of graphic organizers, inquiry methods, 6-Traits writing rubrics and more have worked their way into E. J. King classrooms. The school must constantly maintain data to prove that these interventions are working, or justify any necessary adjustments to these practices. It is a time-consuming process, but one that is necessary in order to achieve goals.

During the 2005-2006 school year, E. J. King will be working toward North Central Association (NCA) accreditation renewal, which offers even more evidence that E. J. King is ensuring quality education for all of its' students.

If you have any questions about E. J. King's school improvement program, goals, or programs that have been implemented, contact the school at 252-3059.

Man's best friend needs his shots, too...



Pauline Meyer comforts her dog, Archie, while Specialist Nick Kersting gives him a yearly rabies and distemper vaccination aboard CFAS. (Official U.S. Navy Photo by PH3 (AW) Yesenia Rosas)

Reminder: the deadline for ***Soundings* submissions** is Tuesday at Noon.

MEMORIAL DAY
May 28-30

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Fleet Gym 252-3588

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B-L-Fuddled: Tru Stories closes book on BLF comeback, 40-39

JOSN Jeff Johnstone
CFAS Public Affairs

The Tru Stories narrowly edged out hard charging BLF, 40-39 in intramural basketball action at the Fleet Gym



BLF's Mike Green gets some assistance getting to his feet after a collision in the paint. This game could be summed up in one word: Physical! (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Monday, May 24.
If you're a fan of physical, 1980s Bob Knight style basketball, this was a game for you.
The game opened with Tru Stories controlling the scoreboard early, leading BLF, 23-9 after 12 minutes of play. The Stories offense would stall from there, but would go into the half with a comfortable 26-13 halftime lead.
In the second half, BLF cranked up the aggression a couple of notches, engineering a comeback. Backcourt pressure, double teaming and physical play made for an exciting second half.
The Stories answered BLF's intensity with more passing, trying to play keep away from their opponents.
BLF fans got excited at the nine minute mark, as their team finally pulled within single digits of the Stories after going on an 11-5 run. The score was 31-24, and the tide was turning in favor of the boys in black.
Aggressive play, the same style that brought BLF to the dance in the closing minutes, would also prove to be their



BLF's Jimmy Barnes chases down a loose ball in the second half. BLF was a more aggressive team in the second half than the first, and it almost paid off for them. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

undoing. Costly fouls kept the Stories at the free throw line, keeping the clock moving. BLF pulled within a digit in the final minute, 40-39, but that was as close as they would get. A call in the game's last minute ended any chance of a comeback, as BLF's center was whistled for a foul after setting a pick, sending a player to the floor hard, returning the ball to the Stories to end the game.

Fitness Tip: Feeling at home in the Fleet Fitness Center

Alec Culpepper
MWR Fitness and Aquatics Director

It's easy to see why many people feel self-conscious in new exercise settings. Everyone else seems to know what they are doing. Posters of super-fit models and athletes might remind you of what you do not look like. Perhaps your exercise apparel feels revealing and uncomfortable. If you join a class that has many returning members, you wonder how everyone can follow the instructor's directions. Never fear! Almost everyone feels this way when they are in an unfamiliar setting. But before long you will feel right at home. In the meantime, there are many ways to reduce your feelings of self-consciousness so that your exercise experience will be more enjoyable and rewarding.
Get the information you need
Don't be shy about asking questions. Request an orientation session. Make the most of this time. Don't be afraid and ask for the information you need. If you

will be using the exercise machines, sign up for at least one orientation or personal training session. Your trainer can answer all of your questions, and help you feel at home more quickly.
If you take a group class, arrive a little early to introduce yourself to the instructor and ask any questions you have. Be sure to discuss any health concerns that might affect your participation. You will enjoy class more if you feel safe and confident.
Ask a friend to join you
With a friend around, the environment becomes more relaxed and familiar. Exercising with a friend makes you feel less self-conscious. In addition, knowing your friend is waiting for you motivates you to show up for your workout. Invite a friend who shares your physical activity preferences, and has a fairly compatible fitness level. Maybe a whole group of friends would like to do something together.
Dress for success
Find workout clothes you feel good in. If you are not comfortable in skin-tight outfits, wear something else.
Find activities you enjoy
You are more likely to stick to your exercise program if your activities are fun, or at least not a miserable experience. Don't be afraid to try new activities, but if

you find you dread going to your workout, you may be tempted to quit. Decide what's not working for you, and try something else. Join activities that are appropriate for your level of fitness and experience.
Banish negative self-talk
Do you ever find yourself in conversation with your inner critic? Does your critic tell you that you're too fat, too old or too clumsy? Maybe your body's not perfect, but dwelling on your imperfections makes exercise an unpleasant experience. Instead, talk back. Remind yourself of your positive attributes, projects you are excited about or vacations you are planning. Be grateful for your health and all your body can do.

Upcoming Sports

Memorial Weekend 5k Run
Nimitz Park, Sunday May 29, 8:30 a.m.

Pool Opens May 28 11 a.m. - 6 p.m.

Memorial Softball Tournament
Double Elimination June 4
Nimitz Park

Caliente Noche 24 Hour Softball Tournament
Friday June 10
Nimitz Park

Fit 4 Fuji is May 1-July 3!
Prepare to climb Mt Fuji, this summer. Get your Fit 4 Fuji wallet card stamped at the Outdoor Recreation Center, Hario or Fleet Fitness Centers and start earning rewards and discounts, getting FIT to conquer Fuji. FMI: 252-3500.

Spring Basketball Standings		
	Wins	Losses
1 Young Guns	13	0
2 Showtime	7	1
3 Tru Stories	5	2
4 BLF	5	3
5 Outlaws	5	5
6 Gators	5	7
7 Harpers Ferry	4	7
8 Dragons	1	2
9 Essex	2	6
10 Warriors	1	10
11 AFN	0	3
12 Ballers	0	2

Softball: High flying Eagles ground Hario, 19-4



The Main Base Eagles maintained their bragging rights over Hario housing with an impressive 19-4 victory in intramural softball Saturday, May 21 at Nimitz Park. In the above photo, the team poses with their winning trophy presented to them following the game. The Main Base Eagles are: Top row (left to right): Liz Kimlinger, Melissa Haley, Coach Jeff Hawely and Tina Sparks. Middle row (left to right): Izumi Hubbard, Nicole Wecker and Tynisa Young Front row (left to right): Jessica Austin, Ryoko Komorida and Sarah Horner.